

Fifty Cents the Year--Nine Numbers

The Forestonian

Vol. 1 Mount Vernon, Wash. No. 7

CONTEMPLATION

BY MARIAN HEYWOOD

I cannot see the course my life must take,
I cannot view the setting of life's sun,
Behold its conflicts, see its vict'ries won;
But when in that celestial home I wake
All gone, the cares of earth, its dull heartache
When I recall the race with patience run
And all its joys and sorrows blend in one,
The pathway trod on earth for His dear sake
Which gave me entrance thru the pearly gate
Will seem a small requirement to gain
An everlasting, glorious home above
Had I again the privilege to wait
The Masters coming, I would speak His name
And loud proclaim to all His wondrous love.

MAY 1913



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A DAY IN BETHEL GIRL'S SCHOOL

BY MRS. GEORGE HARLOW

THE young gentlemen readers of THE FORESTONIAN may not be especially interested in this subject, but perhaps I can write something later which will be of more interest to them.

We hear no rising bell, for Chinese girls seem able to rise early without being called. At seven-fifty the bell calls them together in the school room. Then twenty minutes are spent in studying the Sabbath School lesson, singing and prayer. Each morning one or two questions are studied, according to the length of the lesson, so that by the end of the week the entire lesson is prepared. Following this comes the Bible and arithmetic classes. It is now ten o'clock and time to "eat rice," or as Americans would say, it is time for breakfast tho perhaps you would think it a late breakfast. The rice is served in small round bowls and beside each bowl is placed a small plate of "sung" which consists of greens or vegetables, and fish or beef. One pair of chopsticks is placed by each bowl and the table is ready for the meal. After the blessing of God has been asked upon the food by the teacher or one of the older pupils, each one asks the teacher and then the one nearest her to

"eat rice" and all together begin the meal.

At eleven fifteen, class work again begins and Geography, Physiology, Reading, Chinese, History, Writing, Letter writing, and Drawing all follow in their order.

At four o'clock school closes for the day and the evening meal is served which is nearly the same as the morning meal. Rice is always the principal article of diet, the only variation being in the "sung."

At six thirty worship is held, followed by the study period in their own rooms from seven to nine. You would be surprised to come in during the study hour and hear so much noise. Perhaps you would think that the teacher had left the buildings and the pupils were having a game. This is due to the fact that each one studies out loud regardless of her neighbor. At nine o'clock the retiring bell rings and all is soon quiet for the night.

Chinese girls have their share of mischief and the teacher must be just as alert as any one in any other part of the world. I have never seen a Chinese teacher who could keep good order, so this part of the work must fall to the lot of the foreigner in charge.

The school is full, several rooms having three girls in a room. We have had to turn a number away because of a lack of room.

We are now trying to buy a piece of land on which to build a double house for the foreigners who are located in Canton, and a new building for the school. This will make the school work much easier and we hope to see better results from the work done.

ONE DANGER OF NOVEL READING

BY REGINIA KERN '16

ONE danger of excessive novel reading is, it leads the readers to believe less and less in God and in this draws them away from the Truth. It also cripples their mental strength and disqualifies the mind for vigorous thought and research of God's holy Word. The reading of light, frivolous exciting tales, leads the youth to become dreamy and restless, and their minds are unable to grasp the most common place subjects. Satan well knows the effect such reading has upon the mind, therefore he is ever alert to present his thrilling and fascinating reading to the youth and thus lures them from the path of truth.



BIG ROCK

BY EDITH BOOMER '14

TOWERING above its surroundings, impressing the stranger with awe and admiration, stands Big Rock, dear to the hearts of all Forest Home students. It is here that our annual school outings are held, and always the rocky ascents are scaled with undiminished eagerness. This spot is simply a huge mass of rock rising to a great height; deposited, in some unknown manner, in a densely wooded district. On approaching the Rock, it looms above in gigantic proportions, its base surrounded on three sides by a thick forest, and skirted on one side by the civilization of a road and railway track.

But you forget that the big, busy world has almost encroached upon your seclusion when you reach the picnic grounds, a little spot in the shadows at the very base; and, as you examine from a nearer point of view the enticing slopes and ledges above, you long to tread the rugged ascent that so many ardent adventurers have climbed. There are many paths up the Rock, but only one is considered safe for all in every respect, altho the daring seek new ways and venture along alluring, but dangerous, precipices.

Ages have blest Big Rock with beautiful vegetation, a never-failing source for herbarium collections. Regular trips are taken here each year by Botany students and nature-lovers. Its moss-covered slopes, exposed to the elements, yet not lacking that life-giving energy which comes alone from the sun, fosters the growth of hardy plants and shrubs. Every where are lovely flowers of many descriptions, nestled among the rocks; protected by the ever-watchful eye of nature from the fiercest winds and roughest storms; and nourished by the most necessary requisites,--- fresh air, sunlight, and rich residual soil,--- many different forms of plant life are found, ranging from the feathery mosses so delicately extending their signals up like little flags, to the wonderfully beautiful checkered and rock lilies.

But the view from the summit is perhaps the most surpassing, the most enchanting of all the charms of Big Rock. A range of country sweeping around for many

miles on all sides can be seen. Far below and almost unnoticed is Forest Home; while beyond to the west lies the Sound, rolling towards us, but interrupted many times by projecting strips of shore, and dotted cozily with islands. How insignificant you feel when gazing upon this panorama, sublime in extent. But a flood of gratitude fills you as you think that the One who placed Big Rock here and made it beautiful can care for and direct man's pigmy life.



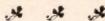
REFLECTIONS.

BY BEN SMITH '16

NO one will ever be more than what he aims to be. What you are, so is your world. What you are within is what counts, for everything without will be reflected accordingly.

By your own thots you improve or mar your life. As the mind is built up by the power of thot, so will the outward life be built up accordingly. Whatever is kept in the heart, sooner or later will shape itself in the outward life. Circumstances can affect you only as they are allowed to.

Think good thots and they will soon show themselves in the outward life.



Stay by your duty and your duty will stay by you.---Steck

THE CANVASSING WORK

BY S. N. RITTENHOUSE

FEELING that the readers of THE FORESTONIAN would be interested in the work that has been carried on here the past week along canvassing lines, I am taking this opportunity to tell you about it.

On Sunday evening April 27th, Elder Willoughby of Tacoma gave us a sermon on the importance of being engaged in giving the message for this time. He developed the subject to the extent of showing us that God had said that, "The loud cry," of the message is to be accomplished largely thru the publishing work. He also instilled in our minds a burning desire to do something in some line of our work immediately.

Mr. Beaty was with us a couple of days and gave some very practical instruction along the line of meeting and persuading people. After he left the work was carried on largely from the standpoint of drills. Before leaving however, Mr. Beaty gave a very interesting and instructive talk on how a book is made. He had samples of a book in all its forms from its first signature till it was a full bound book ready for one of our faithful workers to carry to some soul who is looking for truth.

We are very much pleased with the workers who will go from the school this year. Altho our class was smaller than usual we feel that the workers are better trained and more determined to succeed than those of previous years. There were ten who took the studies.

One thing that has made our work stronger this year is the work of the bands all thru the year. Professor Frost taught the class which studied Controversy and Miss Pound the one which studied Heralds. These teachers have done faithful work and it has been not only much appreciated but also of much help to the workers.

We hope and pray that God's richest blessings will attend those going from this school to carry the message in the form of the printed page and we will expect to see them back in school next fall.



ATTENTION

ARRANGED FROM A CHAPEL TALK

SOME students waste more time than they use because they have never learned to ATTEND to their work. Did you ever notice that the best students in school are the students who have time to get their lessons and time to do many other things besides; while the poor students never "have time" for anything? Now, what makes the difference? Is one class naturally brighter than the other?--- No. In fact, the student "naturally bright" may be the poor student. The difference is this: one has learned how to study, how to center the attention on a page and hold it there; while the other has no control of his thots, but allows them to stroll around aimlessly.

Did you ever read your history lesson over, and wake up on the last page to find that, while your lips

have been muttering out the words, your mind has been chasing rainbows? Of course you have, and there is where you lost your time.

That which we actually remember depends directly upon what we attend to. Then, if we do not "attend," we do not remember. Real attention controlled will do more in fifteen minutes than half attention can do in two hours. All students ought to realize this and train the mind to "stay put." There is nothing else so essential in study, nothing else will save us so much time, nothing else will give us such strength and power of mind.

Can you keep your mind at home? Will it stay fixed on the prayer, the sermon, or the lesson? If not, you are not yet a "good student." I once asked the members of one of my classes how much time they had put on the task for the day. Some said they had spent forty minutes; some one hour; one girl had spent two hours, and next to her a wide awake girl answered, "Twenty minutes while you were talking in chapel,"---and she had the best work of the class. Because she had learned the secret of attention, she could do, even under unfavorable circumstances, in twenty minutes what it took her classmates two hours to do. I could not help but admire her acquirement, even tho she had not listened to my chapel talk.

Perhaps you have heard of the old mathematician who could concentrate his attention so perfectly upon his work that he was entirely lost to his surroundings. Once, when he was studying, a servant came to inform him that his wife was seriously ill. But his ears were deaf to all instructions. Again the servant came and announced

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Aaron Larson '13 - Literary Editor

Arthur Hollenbeck, '13 News Editor

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This is the last regular number of volume one of THE FORESTONIAN. Numbers eight and nine will be combined into a special Commencement number which will be off the press soon after the close of school, May 20. The Commencement number will, besides containing much interesting reading matter, be profusely illustrated. It will depict Forest Home as it is. All Forest Home students should not only have one, but a copy should be placed in every home in our conference. In order to receive your copy, subscribers whose address will be changed before the first of June, should provide the Circulation Manager or Editor with your new address. If this is attended to promptly it will save us a great inconvenience.

In the press of work which invariably comes during the last few days of a school year, there is an excellent opportunity to show your true worth. It is usually the events of the last few days that cling longest in memories halls. It is our privilege to make these memories pleasant ones or otherwise. Co-operation and a smile will make them pleasant.

that his wife was much worse, but he went on with his problem. The third time the servant returned and said, "Master, your wife is dying." Slowly and unconsciously he replied, "Tell her to wait till I come." That may be an extreme case, but this much is certainly true: until you can grasp your attention and hold it firmly in place, you can never expect to have a strong mind. Set a guard over your attention and save half your time.



BIOGRAPHY OF MISS MAMIE GRIMES

Miss Mamie M. Grimes was born in Minneapolis, Minnesota the 22nd of April 1891. She does not possess any distinct recollections of this city, for soon after she was born her parents moved to Great Falls, Montana.

When she was five years old, her parents came to Spokane, Washington, but after remaining here a short time, they decided that Great Falls was a more desirable place in which to live and accordingly returned thither.

At the age of seven Mamie commenced her school days. She completed the first eight grades in the public school, after which she attended Mt. Ellis Academy which is located near Bozeman, Montana.

She attended this school for three consecutive years, graduating from the tenth grade at the end of the second year. The next year the eleventh grade was placed in the curriculum which Miss Grimes completed.

In 1910 Miss Grimes occupied the position as matron at Mt. Ellis Academy. The ensuing year she held the same position in Manson Academy which is located at Pitt Meadows, B. C. and now she has almost completed a year of faithful work as matron of Forest Home Academy.

A. H. L.

NEWS NOTES

Recently the students were divided into four bands for the purpose of raising money to help refund to the Academy the amount lost by fire. Altho they have been organized but a few days, already over fifty dollars have been received from those to whom letters of request for aid have been sent.

That the spiritual interests of the students have not been neglected during the past year was made evident at the baptismal services held Thursday afternoon, May 1. Elder Willoughby, assisted by Elder Johnson buried thirteen young people in baptism. The following Sabbath twelve of these were received into the Mt. Vernon Church.

Miss Eunice Rasmussen recently spent a few days at Walla Walla College visiting with friends. She reports a very pleasant visit and was well pleased with "things in general" at the College.

Saturday evening May 3rd, a program and basket social was given by the public school instructor and students. Over fifty-eight dollars was raised which is to be used for a school bell and library.

Forest Home is to have another good road. The county is at work now on the road back of the school farm.

Recently the students, teachers, and neighbors of the Academy were pleasantly surprised with a visit of several days from Elder Luther Warren. Meetings were held each evening besides Sabbath and Chapel services. The meetings were well attended, several attending from Mt. Vernon and Sedro-Woolley. It was very evident that we needed a Chapel of greater seating capacity. Elder Warren's sermons left deep impressions upon the minds of the hearers and we were disappointed that he could not stay longer, but he has promised to make us another visit in the near future.

The new building is progressing slowly but surely. The frame work is in place ready for the siding. As yet all work has been done by students and donation work.

Professor Searns was a recent visitor at Forest Home. While here he delivered a lecture upon the subject of "Modern Spiritualism," showing how Satan is seeking to deceive the people of the world; he also showed how we may know whether a miracle is from God or Satan.

The botany class has been improving the good weather during the past month by making frequent excursions to Big Rock in search of botany specimens. Each member of the class will have analyzed and made drawings of thirty-five specimens when their work is finished.

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---From a chapel talk---